

A Virtual Teen Mussar Va'ad: A New Teen Program from The Mussar Institute

- **Build** connections and friendships
- **Process** teen life in community
- **Learn** tools to manage stress and promote wellness
- **Discover** ways to navigate challenging situations

Apply
Here

For more
information

Do you know an 11th or 12th-grader who is passionate about Judaism, but unable to attend religious school or unaffiliated with a synagogue?

This Teen Mussar Va'ad might be just right for them!

We are gathering a cohort of interested 11th and 12th graders from across the country for a meaningful spiritual experience aimed at preparing them for life after high school.

This Virtual Teen Mussar Va'ad (group) offers a unique spiritual community for teens to process their lives through the lens of the Jewish Mussar tradition, uncover their authentic self, and determine who they want to be in this complicated world!

A brave space.
A safe space.
A spiritual space.

Teens will build habits of wellness for a life with more balance, joy, and compassion, and, we hope, will develop some lifelong friends with whom to share their Jewish spiritual journey.